

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

Visit us at www.fns.usda.gov/fdd

A237 - SALSA, LOW-SODIUM, CANNED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar, and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, or modified starch. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. One #10 can AP yields about 106 oz (12⅓ cups) salsa and provides about 49.3 ¼-cup servings vegetable. CN Crediting: ¼ cup salsa provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened canned salsa in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened can of salsa covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Salsa, canned

	¼ cup (62 g)	½ cup (125 g)
Calories	22	45
Protein	0.94 g	1.87 g
Carbohydrate	4.37 g	8.73 g
Dietary Fiber	0.9 g	1.7 g
Sugars	4.37 g	8.73 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.40 mg	2.79 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	168 mg	337 mg
Vitamin A	343 IU	686 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	N/A	N/A

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Salsa can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> • Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas. • Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.